

SYRACUSE UNIVERSITY
Counseling and Human Services

COUNSELING SESSION PROGRESS NOTES: FIRST SESSION

Client's first name: _____ Date: _____

Counselor: _____

1. Briefly describe the client's presenting problem.
2. Describe the dynamics in the session (your own reactions to the client and the interactions between you and the client).
3. Describe other important information that was learned during the session, including contextual information.
4. Describe relevant cultural AND developmental information as it relates to the presenting problem(s).
5. Describe client strengths (personal, environmental, etc.)
6. What is your initial conceptualization/assessment of the client's issue(s)? (Be sure to consider cognitive, affective, behavioral, and systemic.)
7. To the extent possible, stipulate possible outcome goals for this client.
8. Critique your counseling for this session, in terms of skills, cohesiveness, conceptualization within the session, etc.
9. Based on your assessment thus far, what are your objectives (including process goals) for the next session? (In other words, address both what you hope to accomplish with your client and what you will be working on for yourself in your development as a counselor.)
10. What questions/consultation needs will you be bringing to your supervision group?